

Physical Readiness Program Operating Guide

Correction / Change Record Updated: 6 Sep 2011

Guide #	Type /#	Description of Change	Entered By	Date
4	Correction 1	Section 1 paragraph 2 (page 3) Height Measurement will be rounded up to nearest inch.	ITCM (SW/AW) Amanda Alston	18 Jul 2011
5	Correction 1	Replaced the < 5000 ft tables with Greater than 5000 ft tables for both Male and Female.	ITCM (SW/AW) Amanda Alston	18 Jul 2011
Command Fitness//FEP Guide	Correction 1	Chapter 2 paragraph e. Members failing the BCA will be removed from FEP upon meeting standards during the next regularly scheduled command PFA.	ITCM(SW/AW) Amanda Alston	20 Jul 2011
3	Correction 1	Section 6 paragraph 14. PFA documentation will be retained 5 years.	ITCM (SW/AW) Amanda Alston	22 Jul 2011
5	Correction 2	Section 1 paragraph 4. Probationary changed to Satisfactory.	ITCM(SW/AW) Amanda Alston	22 Jul 2011
4	Correction 2	Section 2 paragraph 1. BCA measurement formula fixed in example.	ITCM(SW/AW) Amanda Alston	22 Jul 2011
11	Correction 1	Section 2 paragraph 1. Medical clearance is the member's responsibility and is a requirement for the PFA; however members are not exempt from participating in the BCA if medical clearance has not occurred prior to the scheduled BCA.	ITCM (SW/AW) Amanda Alston	27 Jul 2011
5	Correction 3	Reprint entire guide.	ITCM(SW/AW) Amanda Alston	27 Jul 2011
1	Correction 1	Section 2 paragraph 4c. If, due to mission and scheduling conflicts and an additional PFA is not feasible, the CFL will conduct an official BCA and assign the member < 10 weeks in PRIMS for the PRT.	ITCM(SW/AW) Amanda Alston	5 Aug 2011
1	Correction 2	Section 2 paragraph 12. PRIMS will only feed full PFA failures to NSIPS.	ITCM(SW/AW) Amanda Alston	5 Aug 2011
Command PT/FEP Guide	Update 1	NAVADMIN 238 authorizes minimalist footwear in PTU.	ITCM(SW/AW) Amanda Alston	5 Aug 2011
6	Update	Guide has been revised. Reprint entire guide. Approved by: Director Personal Readiness and Community Support.	ITCM(SW/AW) Amanda Alston	11 Aug 2011

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11	Update	Extended waiver paragraph has been removed due to update to Guide 6.	ITCM (SW/AW) Amanda Alston	11 Aug 2011
7	Clarification	Section 1 paragraph 5 (# 5) Do not wait on message, ADSEP process must have already started.	ITCM (SW/AW) Amanda Alston	30 Aug 2011
10	Update	Reprint Guide. New PRECOR model added and operating procedures of other models were updated.	ITCM (SW/AW) Amanda Alston	31 Aug 2011
11	Update	Section 2 paragraph 1a. Members within one year of medical in-processing only require a PHA during the birth month following the first year of service. Approved by: Director Personal Readiness and Community Support	ITCM(SW/AW) Amanda Alston	6 Sep 2011
6	Clarification	Section 2 paragraph 5c. If the member is referred to PEB. NAVMED P-117, Chapter 18, SECNAVINST 1850.4 series pertain. Approved: Director Personal Readiness and Community Support	ITCM (SW/AW) Amanda Alston	6 Sep 2011